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We have considered the Senses, and the mind in an active State. ~~Among this treatise and Nature~~ ~~We proceed next to treat of them in that part~~ ~~It remains~~ Let us next ~~now that we~~ consider ~~it~~ there in a passive State, that is a State of Sleep. —

Of Sleep

The impressions which ~~excite~~ induce sensation and thought, whether pleasant, or painful, by their action upon the system, wear it down ~~into~~ its excitement, & expend its excitability, in such a manner as to render Sleep necessary to renew them.

Sleep ~~affords~~ the same repose to sensation and thought, or to the nerves and brain, ~~which~~ that rest does to motion, or to the muscles.

It is as necessarily alternated with waking, as light is with darkness.

~~Its~~ ~~too~~ In describing it I shall

I consider its proximate cause.

II I shall inquire into its remote causes.

III I shall take notice of the state of the system and of several phenomena which occur in sleep, and

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IV. I shall endeavour to explain the cause of Dreams, and of several anoma=
=lous facts connected with them.

I The proximate cause of sleep depends upon a certain fixed or determined grade of dyspnoea in the brain. It has been called by Dr Brown "the sleeping point." It has likewise been called "a healthy apoplexy". It is induced by an accumu=
=lation of blood in the venous sinuses, and spinal marrow. This has been demonstrated by the dissection of persons who have died in their sleep, also by the effect of pressing upon the brain denu=
=dated of the cranium in the Parisian beggar mentioned by Dr Boerhaave. A gentle degree of pressure induced sleep,

V of the proximate cause of fleas it will naturally occur to you that it is to all intents and purposes, a disease. Other proofs of its being so will be mentioned presently.

VI and according to the length of time in which they act upon the body.

but a greater degree of pressure induced apoplexy from both of which he recovered by removing the hand from his brain. In that grade of depression of the brain in which sleep takes place, the nerves refuse to become the instruments of sensation, and the brain of thought. I shall place this grade of depression, or the sleeping point at 20° in the Brain and nerves, and wakefulness at 10° above, or below it. From this history I] the remote causes of sleep which come next under our consideration act in a relative manner, according as the brain is elevated above the sleeping, or depressed below the sleeping point. I shall divide these causes

V 2 such as act by expending the excitability of the system, & by that means reduce excitement. and 3 ly into such as act by gently and gradually elevating the system to the sleeping point. To the first Class of Causes belong

therefore into three Classes. 1 such as act by the Abstraction of Stimulus & ~~thereby~~ thus ~~by producing~~ reduce excitement.

~~They are~~

1 The Abstraction of light, sound, and muscular motion.

2 Certain evacuations particularly blood letting and purging.

3 Certain substances applied to the body, such as Oil, Eider down, and the like.

4 Cold. The death which is induced by Cold is always preceded by Sleep.

5 The gratification of the venereal appetite – hence the saying "Omne animal post coitum tristat". it might have been added – inclines likewise to Sleep.

6 The cessation of pain – hence we

observe sleep generally follows parturition.
y certain sedative passions. Grief, and
even despair under certain circumstan=
=ces often induce sleep. I have more than
once seen mothers sleep soundly ~~after~~ the
night after the death of a child, and
Mr Akerman the keeper of Newgate
prison in London has often remarked
that criminals sleep profoundly the
night before their execution. Mr Custine
the son of General Custine informed
his wife in a letter written to her a
few hours before he suffered death by
the Guillotine, that he had slept nine
hours the preceding night. This ex=
=planation of one of the causes of

sleep vindicates the disciples of our Saviour from a want of sympathy with him in his sufferings. They slept during his agony in the garden only from an excess of their sympathy with him. Math: 26. verse 40.

The 2nd class of remote causes which induce sleep by expending the excitability of the system are

1 Labor. This is the most universal and natural cause of sleep. ~~It opens~~ When quite, it kindly reduces the system ~~from~~ to the sleeping point.

2 Certain stimulating aliments & drinks, and certain narcotic substances, ~~taken~~ taken in such quantities as gradually to expend the excitability &

reduce the excitement of the system

3 Certain sounds, particularly the noise of a City in persons who have not been accustomed to it.

4 Heat applied to the body. ~~It acts more powerfully~~

5 The long and painful exercise of the understanding upon any one subject. Generals often sleeply soundly the night before a battle, from the excitement of their systems being gradually reduced by the arrangements of the preceding day. —

The 3d Class of Causes which gradually elevate the system to the sleeping point are

1 Gentle labor or exercise particularly

walking, riding in a Carriage, and rocking in a Cradle.

2 The moderate stimulus of Aliments and Drinks. Hence we observe many people who are in the habit of eating a small ~~much~~ supper pass sleepless, or restless nights, if they go to bed without taking a little food. Small doses of Opium & ~~also~~ fermented liquors - also tea, and Coffee have the same soporific effects upon the System. Take notice here of the relative effects of tea. It ~~&~~ both prevents, and induces sleep. When the System is nearly at the sleeping point, it elevates it above it, and thus prevents sleep, but when it is 8 or 10 degrees ~~also~~ below it, which is the case

after great fatigue, it induces sleep by elevating the system to the sleeping point.

3 Certain sounds. The inhabitants of the neighbourhood of the falls of the Nile are unable to sleep when they leave home from the absence of the customary stimulus of sound. I know a Watchma-
-ker of this city who, had been ~~bad~~ in the practice ~~would not sleep~~ of ~~having a~~ carrying all the ~~with a table board with~~ watches ~~in his bedroom in order to~~ in his shops, and placing them upon a table in his bed room every night in order to prevent their being stolen. When this watchmaker went abroad he was unable to sleep until he pro-
-cured from ~~the~~ the persons in the

families in which he visited all their watches and placed them in his room when he went to bed. The falling of rain upon the roof of a house, and the "Lois Susurrus" of the poet, or the humming of the bee often induce sleep in the same way.

4 Moderate warmth by raising the excitement of the system to the sleeping point, brings on sleep, – hence the good effects, in some cases, of the pediluvium.

5 Certain acts or exercises of the mind which exert a stimulus exactly proportioned to the degree of reduction of the system below the sleeping point, – these are thinking upon some one uninteresting subject, or counting on to backwards.

6 Even the glimmerings of light in this state of the system often induces sleep. — This I have often observed in sick people who are unable to sleep during the darkness of the night, but who drop asleep as soon as the light of the morning breaks in upon them. I have once substituted the light of a Candle to that of the sun in a patient who was unable to sleep, with the happiest effect. I was encouraged to recommend this remedy by hearing of a lady in this city who cannot sleep without a lighted Candle in her room and who suddenly wakes if her candle burns out during the night. —

V 2dly It is necessary for the remote cause to wear away the excitability of the system, and thereby to im=
=pose upon it a cessation of sensation, that of motion.

3dly The operation of all the remote causes of sleep which have been mentioned is much aided by a recumbent posture of the body. It favours the accu=
=mulation of the blood in the venous sinuses and spinal marrow upon which I said the proximate cause of sleep depended. —

It is necessary for the production of sleep that the excitability of the nerves, muscles and blood vessels should be equal in proportions, unless this be the case sleep cannot take place

In order that all the three classes of stimuli should induce sleep it is necessary 1: they should act upon the ~~nerves~~ brain, the nerves, ~~and~~ the muscles & the blood vessels in an equable manner. Thus if ~~the~~ the excitement of the brain & nerves ~~nervous debility~~ were at 20°: and muscular and arterial ~~debility~~ excitement above or below 20°: perfect or healthy sleep could not take place, until a perfect harmony was established between those great and extensive surfaces of impression. They are brought to pass by medicines and exercises in some cases which act alike upon them all; but equality of ~~debility~~ excitement is sometimes induced by certain medicines or exercises which act exclusively upon a part of them.

Thus asafoetida will induce sleep better than opium when the brain and nerves are below par - wine, when the ~~ability~~ minus excitement is seated in the blood vessels, and exercise, when it is seated in the muscles. Opium is most proper when all three of them require an elevating stimulus.

2 In order that sleep may be induced by its remote causes, it is necessary that they should act equably upon each of the great surfaces of impressions that has been mentioned. Thus we shall in vain attempt to sleep if heat be applied to every part of the body except the feet, or if the ~~xxxx~~ brain be exercised upon one subject, or if the muscles of the limbs be exercised, while those of the trunk have

remained at rest, or if the blood vessels of the lungs have been unusually agi=tated by speaking, or coughing, while other parts of the sanguiferous system have been performing their ordinary actions. In all these cases the remedy ~~is to arise from~~ should consist in the application of such a stimulus as will elevate ~~or reduce~~ the deficient part of the above surfaces of impression to the sleeping point. When it is seated in the ~~muscles, or blood~~ brain, subjects of ~~vap~~ conversation, or business different from those which have employed the mind during the day will induce sleep, ~~or~~ the same effect will be induced by ~~jumping~~ rising from bed and walking across a bed room, if the whole muscular

system has not been exercised on the previous day. This was Dr Franklin's remedy when he was unable to sleep from the want of general muscular exercise. — I beg your attention to these facts. They are of extensive application in the practice of physic, and a knowledge of them is indispensably necessary to a physician.

3 The operation of all the remote causes of sleep is much aided by a recumbent posture of the body. It favours the accumulation of blood in the venous sinuses, and spinal marrow upon which I said the proximate cause of sleep depended.

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In order that all the three classes of ~~these~~ stimuli should induce sleep it is necessary that they should act equably upon the system. Thus we shall in vain attempt to sleep if heat has been applied to every part of our bodies except our feet, or if the labors or exercises of the day have not called into action the muscles of the limbs as well ~~the~~ those which move the trunk of the body.

~~I have the history of the~~

I have thus delivered the history of the remote causes which induce natural, or ordinary sleep. From the manner in which they operate it will be easy to explain the cause of that kind of sleep which is of a preternaturally morbid nature, and which is induced by an excess

in the force or in the sudden application of those causes which induce natural sleep, as also by contu=
=sions, or a compression of the brain.
Opium, Tobacco, wine ardent spirits, & aliment ~~& of all narcotics~~,
when taken in large quantities suddenly induce ~~them~~ an accumulation of blood in the
venous sinuses and in the spinal marr=
=row, and thus bring on a preternaturally morbid sleep.
Air or Azote that is
The phlogisticated ~~—~~ respired air induces
sleep in this way. Mr Allemand discovered
that animals which sleep during the winter
are made to do so, not by the sedative action
of the cold, but the expire fumes of their
own breath, for he found by dragging one
of them out of his winter retreat, that it
constantly revived when exposed to the
air even though it was below the freezing

point. The sleepiness which is often induced in crowded assemblies is in part the effect of respired air or what is called Azote acting by its stimulus upon the brain. A higher degree of this stimulus induces a sleep so profound as to terminate in death. The ~~fumes~~ air emitted by burning charcoal produces ~~the~~ sleep & death only by its excessive stimulus. The sleep in all those cases is preternaturally morbid, from its excess only, for the causes which induce it are exactly the same with those which bring on natural sleep. — It differs from natural sleep further in not being accom=panied with an expenditure of the excita=bility of the system. The excitability is

only ~~[illegible]~~ suffocated in these cases with the sudden ~~[illegible]~~ reduction of the ex=
=citement, - hence we find when the sleep goes off which is thus forced, it leaves the system in a highly excitable state, and disposed to take on morbid action from ~~the~~ slightest irritants. It is - ~~from~~ by forcing sleep in this manner by means of opium, that mischief is so often done by that noble remedy. This ~~case~~ is never the case when it is given gra=
=dually or in such ~~a~~ doses as to expend the excitability of the system before the brain is reduced [or elevated] to the sleeping point. Take notice here that opium and other narcotics dipipate the excitability from the animal, ~~[illegible]~~

only, and not from the natural & vital functions.

III. Let us next attend to the phenomena and State of the System during Sleep.

It generally comes on with a prick=ing Uneasiness in the eyelids - a difficulty in keeping them Open - weakness, and pain in the limbs. This pain is so acute in Children as sometimes to make them cry. It is the effect of disease or of a morbid excitement invited by pre=vious debility in the muscles of the lower extremities. The intellects next be=come dull, - the head totters, - then the trunk, - and last of all the whole body falls into a horizontal position. These

appears to be a certain order in which the Senses retire, or close themselves against external impressions. The eyes first fall a sleep, - then taste - then smell, - then hearing, and last of all the Sense of touch. That the Sense of touch repose's last, ~~in sleep~~ I infer from our changing our positions in bed after we fall asleep. Indeed this sense seldom reposes itself completely; & hence we lift up the bed cloathes when we are cold, - Drive flies from our faces, take hold of a Chamber pot, and make water in it, and perform several other actions from impressions upon

the sense of touch ~~with to feeling~~ ~~and sensation with~~ without being conscious of any of them. There is a considerable variety from idiosyncracy in the order ~~in the order~~ in which the senses retire to rest in different people. ~~from idiosyncracy~~ There are some people in whom the ears appear never to be closed by sleep. These people are awakened by the lightest noises. ~~Some~~ Again, we see others ~~whose~~ in whom the sense of smelling and taste appear never to repose in sleep, hence they awake from the ~~fullest~~ impressions of the weakest odors, and from a bitter or nauseous sensation upon the tongue.

The muscles like the senses retire

in a regular order when they relax in sleep. The muscles which belong to the arms and legs fall a sleep first, - then those which support the head, and last of all, those which support the back. But there is in some people an inversion of this order from idiosyncracy. There are instances likewise in which a part of the muscles only are relaxed, and others, in which they all retain their natural tone. Thus we see some persons sleep in a sitting posture, - here the muscles of the back are in action, - again we see others sleep in a standing posture as slaves when waiting upon table, and lastly we see some persons ride

walk while they sleep, particularly soldiers who have long been deprived of their sleep, also those persons who walk in their sleep from the disease called somnambulism. ~~It is remarkable that~~ nerves and muscles and blood vessels are sometimes at variance upon the subject of sleep. Thus while muscular debility at 20° invites to it, nervous and arterial debility ~~invite debility~~ below 20° prevent it. The reverse of this remark is equally true. They are to be brought to pass by medicine and exercise. Sleep is never perfect, until ~~this~~ there is a perfect harmony in the state of debility and excitability between those three great and extensive surfaces of impression.

Having ~~Sohaus~~ described the gradual manner in which sleep usually comes on, it remains that take notice that it some=times comes on suddenly. In this case we generally start in our sleep, from the too sudden abstraction of stimulus, particularly the stimulus of thought. It is most apt to occur when the system is worn down to the verge of the sleeping point by great fatigue. It shows ~~Hostard~~ how much the body is related to many other kinds of matter in its constant tendency to an equilibri=um. —

The usual phenomena which attend sleep are

1 <the loss of motion in all the muscles

which are under the influence of the Will.

2 The suspension of sensation. We are unable to see, hear, smell ~~taste~~ & feel in profound sleep while the system is exposed to ~~[illegible]~~ the ordinary impressions of the waking state.

3 The Diminution of irritability in certain parts of the body – hence the Causes which excite Cough and Asthma, & hence were a stone in the bladder, cease to act with their usual effect upon the system. Hunger ~~and~~ is sometimes suspended, ~~[illegible]~~, & thirst completely chased away by it.

4 The involuntary motions are slower in the sleeping, than in the waking state. This is perceptible in Respiration, and in the strokes of the pulse, and arises from the

abstraction of the stimulus of muscular action, and the influence of the mind upon the body. The pulse becomes not only slower, but fuller in sleep. It would seem as if the arteries borrowed ~~also the nervous energy of~~ a portion of ~~the~~ ~~[illegible]~~ excitability from the nerves, ~~and~~ muscles and the other systems of the body, and employed it ~~of~~ in watching over them during their repose in sleep. Perhaps the additional fulness and strength of the arteries manifested in the pulse, may be derived from the stimulus of the blood accumulated in the venous sinuses, & spinal marrow, and from the relaxation ~~[illegible]~~ of the skin which takes place in the sleeping state. But further, the peristaltic

motion of the bowels is lessened during sleep. This is obvious from the suspension of a diarrhoea, and of an inclination to stool which we so often observe to take place in the night. Perhaps the diminution of the sensibility & irritability of the sphincter ani may be another cause of the suspension of the inclination to stool during the continuance of sleep.

5. all the secretions are increased during sleep. This is ~~a~~ most obvious ~~quantity~~ ~~increased of~~ in the urine and bile. It is from the increased secretion of bile during the night that a purging of it takes place so frequently in the morning, & at no other time. A french writer Mr Fabre has very happily said there are two

powers analogous to those which govern the planetary system always at work in the human body. These he has called ~~a~~ centrifugal & centripetal ~~& centripetal~~ powers. The former is most active in the waking, - the latter in the sleeping state. It is from the ~~[illegible] of~~ greater activity of the centripetal power that the secretions ~~are~~ which are carried on in the internal parts of the body, are greater in sleep than in the waking state. Bichat has ~~called this~~ ascribed this increase in the activity of the secretory organs "Organic life" to distinguish it from the voluntary muscular actions which he ascribes to what he calls "Animal life."

V ~~and~~ hence ~~too~~ the reason why we so often wake so soon after we doze a sleep with a sense of chillness and

N ~~to~~ Death is sometimes induced by 82° of Cold when asleep, but the system ~~can~~ will bear a much greater degree of Cold ~~to~~ without the extinction of life in the waking state. —

6 The excretions are lessened during sleep. This is probably owing to the diminution of the sensibility and irritability of those parts of the body in which the ~~secreted~~ excreted matters are contained. The suspension of the excretions in sleep is perhaps one reason why great sleepers become so very fat.

7 There is a diminution of the heat of the body soon after falling a sleep; hence one reason why persons who sleep in the open air are more apt to take cold, than persons who pass the night awake. The diminution of the heat of the body, I said formerly according to Dr Hunter is 10 of Farenheit. This fact I know is contradicted by experience. We sometimes observe an increase

of heat during sleep. This may arise from two causes, – its confinement under the bed clothes, & its reaction upon the body, or from a slight degree of the ~~disease~~ fever which attends sleep and ~~fever~~ which not only increases heat but destroys its equilibrium & throws a greater quantity of it to those parts to which the thermometer is applied in determining this question. This fever often goes off in the night or in the morning with a gentle perspiration.

§ The system is weaker in sleep, than in the waking state, – hence bilious fevers, gout, – Epi=
=lepsy and many other diseases often ~~this~~ make their first attack in the night. ~~It~~ has been found in France that soldiers and wise horses that are marched at night, ~~[illegible]~~

V ~~and~~ studious men who both feel
and think, sleep more than labourers
who have ~~up~~ but little sensation to recruit,

I wish you to remember this fact, for I shall avail myself of it in ex-
-plaining the proximate cause of dis-
-ease in our pathology. —

§ The duration of sleep is different in different ages, - habits and animals. Children sleep ~~up~~ more than adults, & abortive children more than children born at the end of nine months. Old people ~~[illegible]~~ sleep less than persons in middle life. ~~and~~ Carnivorous animals more than herbivorous. The reason is, - the food of the ~~latter~~ former is ~~more~~ taken in less time, and is more nourishing than the food of the ~~former~~ latter. ~~which~~ The duration of sleep is always

~~too~~ long when it exceeds 8 hours in the four and twenty; many persons have attained to great age and enjoyed good health who have slept much less. Mr Neal in his history of the Puritans mentions the name of a Clergyman who lived to be above 70 years of age who slept but four hours in the four & twenty. Mr Westley who lived to be 86 slept but 6 hours, ~~in~~ and Mr Whitfield but 4 in the same time. The last of these men it is true died at 52. His sleep I have been told, was so profound during those hours, that it was very difficult to wake him. Few men who have been much distinguished in life have been ~~great~~ long

sleepers, and for an obvious reason. They live a 5th or 6th part longer than other people to perform exploits which procure them prominence in society. The times of sleeping & waking are regulated by habit, or what might more properly be called aporiation of motions. From 6 to 7 to seven hours sleep are enough for any constitution.

Where sleep is perfect ~~and~~ or profound, there is no consciousness of the lapse of time. I have read an account of a sorcerer who lived in the reign of Henry the 8th of England, who slept 44 days and nights and awoke at the end of them as if he had slept but a single night.

I have met with several old

old people who have told me they passed whole Nights without sleeping who not=
=withstanding enjoyed good health. The Seneca says Mecenas passed three years without sleep. The late Bishop of Bangor told Sir John Pringle that he had not slept an hour for ten years. ~~and Dr Harper and~~ These persons sincerely believe what they say, but I am satisfied they deceive themselves. That this is the case I am certain, for a young lady who had often heard her another complain of passing whole nights without closing her eyes, in=
=formed me that she had once watched her mother during one of those suppo=
=sed sleepless nights, and that the appea=
=red to sleep as soundly as ever she

V Persons who sap sleepless nights generally fal torpid or stupid the next day. This torpor or stupor or both, are kindly ~~gos~~ indulged in order to give time for a new recruit of excitability for the purposes of sensation & thought. — V.

go to bottom sheet

had seen any body in her life. Dr
Prichard in like manner says that
he has seen sleep in patients in the
recovery from who denied afterwards
that they forgotten themselves. The
sleep in all these cases ~~comes~~ goes off
in the same gradual manner in
which it comes on, and hence ~~the~~
~~[illegible] of~~ the time in which
it has taken place is not recollected.
We awake from sleep more sudden-
-ly than we fall asleep. The causes which
revive us are the stimulus of the morn-
-ing light, and of the ~~[illegible] of~~ urine which
has accumulated in the bladder during
the night. Habit likewise independently
of these stimuli disposes us to wake

V. From the history of the phenomena of Sleep which ~~have~~ has been given, you will ~~anticipate me~~ perceive that it is a naturally morbid state of System. In other words a disease. It is preceded by debility & sometimes by a chillness – it is attended with ~~a~~ that state of the brain which takes place in coma, or a low degree of apoplexy – also with delirium, or what are called dreams. The excitement of the System is unequally diffused. ~~to~~ ~~Irritability~~ Irritability & sensibility are lessened – The pulse becomes preternaturally full & slow, there is an increase of heat, and in some instances the tongue becomes dry – and fressed. This is often perceived in the morning. ~~Be not so~~ Sleep has been said to be tendency to death – and for a just reason – the whole body is a diseased state when it takes place. I have called the disease of Sleep morbidly natural. ~~In this case~~ There are several other of the natural or ordinary

functions of the body that are equally morbid with Sleep as I shall say hereafter. Be not surprised at these apertions. Look around you and see whether similar morbid phaenomena do not take place ~~in the~~ in other parts of the material world? What are storms by sea & land, but Diseases in the Atmosphere intended to ~~the means of~~ preserve the purity of the Water and Air ~~upon~~ which support the millions of Creatures that inhabit them? ~~what are~~ and yet these storms are all ~~be~~ natural. ~~They belong to the ordinary Healthful~~ an atmosphere uniformly calm, ~~would be~~ is unnatural. ~~Then~~ Recollect what was said formerly, that ~~I shall resume this subject in its more appropriate place as hereafter~~, ~~and~~ shall I hope ~~prove to you that~~ we are kept alive by our diseases, as certainly (tho' in lesser degree) as we are by ~~our~~ Air and Aliment. These diseases are ~~to~~ such as are preternatural; what pleasure is to pain. They depend on ~~the~~ different degrees or force of the same impressions.

at a certain hour. The mind first emerges from its repose, - the ears are then opened, - ~~the~~ vision is restored, - ~~and last of all~~ we feel our relation to the objects which touch our bodies, and finally we recover the exercises of the senses of Smell & taste. We rest rub our eyes - stretch our limbs, - gape, - sneeze - or cough, and all this in order to diffuse ~~the~~ excite-ment and excitability in every part of the body in an equable manner. I confine this account of the manner of our waking ~~to sleep~~ from sleep only when it has taken place in a recum-bent posture of the body. We awake more suddenly from a nap upon a chair. The equilibrium of ~~the~~

~~the circulation as well as of~~ excite=
=ment and excitability is thus more
promptly restored, and the blood which
stagnated in a lessquantity in the veins
finesses and spinal marrow more readily
finds its level in every part of the body.
It is for these reasons that we wake
after sleeping in a Chair without any
sense of uneasiness, and ~~prepared~~ disposed at once
to study and business. In this way only
the Roman Emperor Augustus, it is said
himself after the toils of the forenoon.
refreshed
~~This~~ In adopting this ~~practice~~ mode
of sleep care should be taken to prevent
the inclination of the neck or body,
otherwise the brain will suffer much
more than from sleeping in a recum=
=bent

posture.

The state of the body and mind im-
-mediately after waking deserves our
attention. From the abstraction of a part of the stimuli
which impart life and strength to the
body during the night it is much
weaker than during the day, hence
consumptive people cough most in the
morning, and hence the slow and
feeble steps with which labourers advance
to their work ~~by~~ soon after they rise
from their beds. Even the face discovers
marks of a relaxation of muscular
tone ~~in the~~ after sleep, hence ~~for~~
~~people~~ middle aged people look older,
and handsome people ~~are~~ look beautiful

It is from the great debility of the body in the morning, that fear is more sensibly felt at that time than at any other. The Indians are so well acquainted with this fact that they generally attack their enemies at day light: This was the case on the 4th of November 1791 when they defeated General St Clair on St Mary's river, also on the 6th of Novr 1792 when they attacked Major Adair near Fort St Clair, and lately when they attacked Genl Harrison on the 7th of Novr 1811.

early in the morning than they do ~~and at any other time~~ after the stimuli of the day have acted some hours upon them. It is remarkable that in that season in which the debility induced by sleep is most sensible, that is in the spring and summer, Heaven kindly provides the odor of flowers, and the music of birds to obviate it, and thus gradually to prepare us in the morning for the labors and duties of the day. ~~This~~ This history of the state of the body after sleep never be forgotten by a physician. The knowledge of it is of great application to the practice of physic.

The faculties of the mind are very different in the morning from what they are in the subsequent parts of the day.

By the occupations of the day they are often jumbled together, so as to act with less regularity and order than they do immediately after a Nights Sleep. Each faculty now settles, as if by a law similar to that which determines the arrangement and order of solid bodies by their specific gravities. The Under=-standing and all the rational faculties act now ~~out~~ with promptness and order, and hence the preference that is every where given to morning studies, and hence too the universal practice of consul=-ting our pillow in all new & difficult enterprises. It should be our morning pillow only. The moral faculties now occupy the highest and most honourable

station in the mind, while all the passions are precipitated to the bottom of it. hence men are less disposed to fraud and wickedness soon after they awake from sleep in the morning than they are some hours after the moral faculties have kept company with the understanding and the passions.